Habits of the Heart: *Doing the Stuff #4*
Drawing Close to God Through Silence, Solitude, and Meditation

**Today:**
Remember the 3 parts of meditation that Dr. Bekker mentioned:

- **Recollection**
  - We are (individually) going to “recollect” (that is, “simplify” our hearts and focus our minds on God) with a breath prayer. Select two lines from either Psalm 63 or Psalm 145. Repeat them, allowing them to focus your attention on God.

- **Contemplation**
  - Contemplate both the Scripture you have selected as well as other thoughts of God that come into your mind. Regarding distracting thoughts, “be jolly,” as Dr. Bekker says, and let them go.

- **Reception**
  - Anticipate, with a posture of reception, what God will say as you begin to experience His "reservoir of silence."

**Weekly Activity:**
Spend a day, or part of a day without words while meditating on scripture. Take this time to listen to what God might want to communicate to you. Share some of your experience in the reaction space provided on this site.